



Emotions impact our decision making, problem solving and performance at work. Individuals who are able to harness their Emotional Intelligence in the workplace are more likely to be more effective leaders, be more resilient and consistently perform at a higher level. These LOC SkillPort online resources can help you enhance your emotional intelligence.

Online Courses:

- [What is Emotional Intelligence?](#)
- [Improving Your Emotional Intelligence Skills: Self-awareness and Self-management](#)
- [Using Emotional Intelligence on the Job](#)
- [Leadership Essentials: Leading with Emotional Intelligence](#)
- [Emotional Intelligence at Work](#)

Videos:

- [Emotional Intelligence](#)
- [Leaders Energize with Emotional Intelligence](#)
- [Tools for Developing Emotional and Social Intelligence](#)
- [Understanding Emotional Intelligence](#)
- [The Five Attributes of Emotional Intelligence](#)

Job Aids:

- [Introducing Emotional Intelligence](#)
- [Emotional Intelligence Competencies](#)
- [Emotional Intelligence Characteristics](#)

Books:

- [Primal Leadership: Realizing the Power of Emotional Intelligence](#)
- [Understanding Emotional Intelligence: Strategies for Boosting Your EQ and Using it in the Workplace](#)
- [Working Relationships: Using Emotional Intelligence to Enhance Your Effectiveness with Others, Revised Edition](#)
- [The EQ Edge: Emotional Intelligence and Your Success, Third Edition](#)
- [Put Emotional Intelligence to Work: Equip Yourself for Success](#)
- [The Emotional Intelligence Activity Book: 50 Activities for Developing EQ at Work](#)
- [The Other Kind of Smart—Simple Ways to Boost Your Emotional Intelligence for Greater Personal Effectiveness and Success](#)
- [The EQ Difference—A Powerful Plan for Putting Emotional Intelligence to Work](#)
- [The Emotional Intelligence Pocketbook, 2nd Edition](#)
- [7 Steps to Emotional Intelligence](#)